

# ALLOWABLE MILK SUBSTITUTIONS FOR PARTICIPANTS WITHOUT DISABILITIES

## in Adult Day Care Centers in the Child and Adult Care Food Program

Adult day care centers participating in the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) must follow the federal requirements for milk substitutions for participants without disabilities. These requirements apply only to meal accommodations for participants without disabilities who cannot drink milk.

CACFP facilities have the **option** to make this accommodation by offering one or more allowable fluid milk substitutes for participants without disabilities. These substitutions are at the expense of the CACFP facility. If the program chooses to make allowable milk substitutions available, they must be available for all participants when requested by the participant or family.

The following criteria apply only to milk substitutes for participants **without** disabilities. Dietary accommodations for participants with disabilities must follow the USDA requirements specified in the Connecticut State Department of Education's (CSDE) [Accommodating Special Diets in CACFP Adult Day Care Centers](#).

### ALLOWABLE FLUID MILK SUBSTITUTES

CACFP facilities can choose to offer **one or more** allowable fluid milk substitutions, including:

- **lactose-free or lactose-reduced milk** that is low-fat (1%) or fat-free; and
- **allowable nondairy beverages** such as soy milk that meet the USDA nutrition standards for milk substitutes. For more information, see “USDA Nutrition Standards for Milk Substitutes” on page 2.

The USDA recommends that lactose-free or lactose-reduced milk is the first choice for participants with lactose intolerance. Lactose-reduced and lactose-free milk must be low-fat or fat-free.

CACFP facilities can choose to offer only one milk substitution such as lactose-free low-fat unflavored milk. If a participant or family decides not to take this option, the CACFP facility is not obligated to offer any other milk substitutions. CACFP facilities can also choose (but are not required) to offer a second option of a nondairy beverage that meets the USDA nutrition standards for milk substitutes.

Liquid nutrition supplements such as Ensure cannot be substituted for the CACFP milk component. CACFP facilities may serve these products in addition to the required CACFP meal components if the participant or family provides a medical statement signed by a recognized medical authority. For more information, see the CSDE's [Accommodating Special Diets in CACFP Adult Day Care Centers](#).

*Effective October 1, 2017, the USDA final rule, [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010](#), allows only unflavored low-fat milk and unflavored or flavored fat-free (skim) milk. The CSDE encourages CACFP facilities to serve only unflavored milk.*



## JUICE AND WATER SUBSTITUTES

CACFP facilities cannot serve juice or water as fluid milk substitutes for participants without disabilities, even if the participant or family provides a medical statement signed by a recognized medical authority. If a CACFP facility chooses to make milk substitutions available, they can only include either lactose-free or lactose-reduced milk, or a nondairy beverage that meets the USDA nutrition standards for milk substitutes. These are the **only** options allowed for milk substitutions.



## REQUIRED DOCUMENTATION

Milk substitutions for participants without disabilities do not require a medical statement from a recognized medical authority. Participants or families may request a nondairy milk substitute in writing. The written request from the participant or family must identify the medical or other special dietary need that restricts the participant's diet and requires the substitution.

The provision allowing a statement from a participant or family applies only to milk substitutions for participants **without** disabilities. Any other meal variations for participants without disabilities require written documentation on a medical statement from a recognized medical authority. For more information, see the CSDE's [Accommodating Special Diets in CACFP Adult Day Care Centers](#).

## USDA NUTRITION STANDARDS FOR MILK SUBSTITUTES

CACFP facilities that choose to offer a nondairy milk substitute as part of reimbursable meals for participants without disabilities can only use products that meet the USDA nutrition standards for fluid milk substitutes (see table 1). Nondairy milk substitutes that do not meet these nutrition standards cannot be served in the CACFP, even if the participant or family provides a medical statement signed by a recognized medical authority.



Table 1 – Minimum Nutrients per Cup (8 fluid ounces)	
<b>Calcium</b>	276 milligrams (mg) or 30% Daily Value (DV) *
<b>Protein</b>	8 grams (g)
<b>Vitamin A</b>	500 international units (IU) or 10% DV
<b>Vitamin D</b>	100 IU or 25% DV
<b>Magnesium</b>	24 mg or 6% DV
<b>Phosphorus</b>	222 mg or 20% DV *
<b>Potassium</b>	349 mg or 10% DV *
<b>Riboflavin</b>	0.44 mg or 25% DV *
<b>Vitamin B-12</b>	1.1 micrograms (mcg) or 20% DV *
* The FDA labeling laws require manufacturers to round nutrition values to the nearest five percent. The actual minimum DV is 27.6% for calcium, 22.2% for phosphorus, 9.97% for potassium, 25.88% for riboflavin and 18.33% for vitamin B12.	

## ALLOWABLE MILK SUBSTITUTIONS IN CACFP ADULT CENTERS, continued

### ACCEPTABLE MILK SUBSTITUTE PRODUCTS

Certain brands of soy milk are the only currently available nondairy milk products that meet the USDA nutrition standards for fluid milk substitutes. Table 2 provides a list of allowable milk substitute products. The CSDE encourages CACFP facilities to use only unflavored products. This is consistent with the USDA final rule's recommendation to serve only plain milk in the CACFP.

Table 2 – Milk Substitutes Meeting USDA Nutrition Standards			
<i>This list is for informational purposes and does not imply endorsement by the CSDE or the USDA.</i>			
Manufacturer	Product	Container Size (Fluid Ounces)	Container UPC Code
Kikkoman	Pearl Organic Soymilk, Smart Chocolate, aseptic package	8.25	0-41390-06151-6
Kikkoman	Pearl Organic Soymilk, Smart Creamy Vanilla, aseptic package	8.25	0-41390-06141-7
Kikkoman	Pearl Organic Soymilk, Smart Original, aseptic package	8.25	0-41390-06137-0
Kirkland Signature	Organic Soymilk, Plain	64	0-96619-49000-4
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	8	0-52603-08311-9
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	32	0-52603-08200-6
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Vanilla, aseptic package	32	0-52603-08225-9
Stremick's Heritage Foods	8th Continent Soymilk, Original, refrigerated	64	0-53859-07066-3
Stremick's Heritage Foods	8th Continent Soymilk, Vanilla, refrigerated	64	0-53859-07067-0
Sunrich Naturals	Soymilk, Original, aseptic package	8	7-82758-33108-6
Sunrich Naturals	Soymilk, Original, aseptic package	32	7-82758-33232-8
Sunrich Naturals	Soymilk, Unsweetened Vanilla, aseptic package	32	7-82758-33932-7
Sunrich Naturals	Soymilk, Vanilla, aseptic package	32	7-82758-33132-1
Sunrich Naturals	Soymilk, Vanilla, aseptic package	8	7-82758-33208-3

For milk substitutes not listed, CACFP facilities must obtain nutrition information from the manufacturer to document that a product contains the required amount of each nutrient in the USDA nutrition standards for milk substitutes (see table 1). The Nutrition Facts label might not include all of the nutrients required to identify a product's compliance with the USDA nutrition standards. For assistance with evaluating products for compliance, please contact the CSDE.

## ALLOWABLE MILK SUBSTITUTIONS IN CACFP ADULT CENTERS, continued

### RESOURCES

CACFP 21-2011, Revised: *Child Nutrition Reauthorization 2010: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers*. U.S. Department of Agriculture, September 5, 2011. [www.fns.usda.gov/cacfp-21-2011-revised-child-nutrition-reauthorization-2010-nutrition-requirements-fluid-milk-and](http://www.fns.usda.gov/cacfp-21-2011-revised-child-nutrition-reauthorization-2010-nutrition-requirements-fluid-milk-and)

*Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (81 FR 24348), April 25, 2016. [www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf](http://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf)



For more information, visit the CSDE's [Nutrition Policies and Guidance for the CACFP](#) Web page or contact the [CACFP](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/sdn/cacfpmilksubadult.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/sdn/cacfpmilksubadult.pdf).

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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